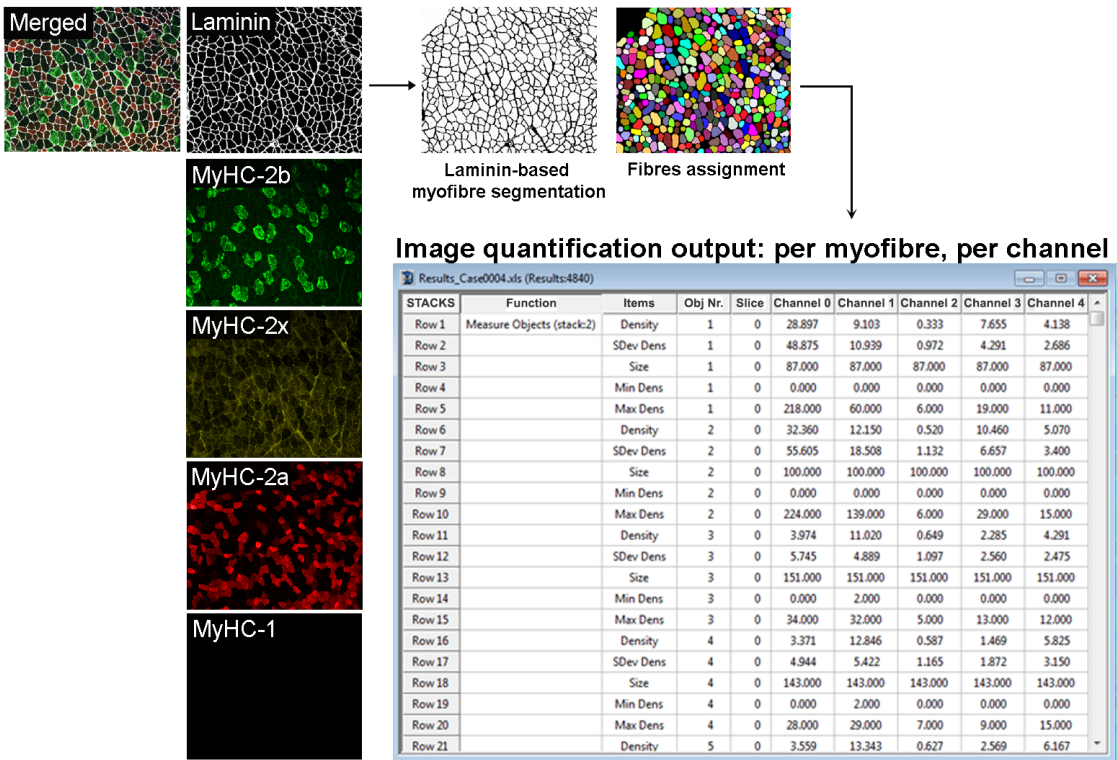


**S10 Fig. Main steps in automatic image quantification using in-house ‘stack’ program.**



Muscle sections were immunostained for four MyHC isotypes and laminin. Myofibers were segmented from the laminin images. The mean fluorescence intensity (MFI) and cross sectional area from all five channels (Channel 0 = laminin, Channel1 = MyHC-2b, Channel 2 = MyHC-2x, Channel 3 = MyHC-2a, and Channel 4 = MyHC-1) was documented per myofiber.